



Professional disclosure statements

Ann Sterle MS,LPC-S,LMHC,NCC,MAC,CDCS

Welcome, and thank you for allowing me to take part in your healing journey. This statement will inform you of my background, counseling approaches, and your rights. If you have any questions, please feel free to discuss them with me at any time.

Professional Disclosure:

I earned a Master of Science Degree in Clinical Mental Health Counseling from Walden University. I am a Licensed Professional Counselor, and Board Approved Supervisor, and member of the National Board of Certified Counselors. I have worked in the behavioral health field since 2011.

Professional Services:

I provide individual, group, and crisis intervention counseling to adolescents and adults. My counseling approach is collaborative, person centered, and trauma informed. I offer a variety of therapeutic modalities tailored to my client's treatment needs. I strive to create a supportive environment fostering growth, healing, and resilience. I believe everyone can achieve their goals and lead fulfilling lives. I would be honored to be a part of your journey to wellness.

Credentials and Education:

Licensed Professional Counselor (Alaska, License #123524)
Board Approved Supervisor (Alaska License #123524)
Licensed Mental Health Counselor (Washington State, License #LH 60753098)
National Board-Certified Counselor (NCC #744367)
Chemical Dependency Counseling Supervisor (Alaska CDCS #3974)
Master of Addiction Counselor (MAC #509210)

Competencies in Mental Health Practice

I have 13 years of clinical experience in behavioral health. I worked with the Department of Justice- Fairbanks Wellness Court Program, Department of Corrections- Aurora Substance Abuse Treatment Outpatient programs, Tanana Chiefs Conference Inpatient and Outpatient treatment programs, in addition to private practice. I have advanced training in the following modalities: Motivational Interviewing; Moral Recognition Therapy (MRT); Dialectical Behavioral therapy (DBT); Cognitive Behavioral Therapy (CBT); Somatic Experiencing; and Eye Movement Desensitization and Reprocessing (EMDR), Ketamine Assisted Psychotherapy; American Society of Addiction Medicine (ASAM) Criteria; Trauma Informed Care; and Neurotherapy/ Neurofeedback. I have experience working with adolescents and adults experiencing a wide variety of issues involving Anxiety, Depression, Grief, Post-Traumatic Stress Disorder, Trauma related disorders, Co-occurring issues, Relationship problems, ADHD, Bipolar, and Schizophrenia, Shame, self-esteem, and self-image, Wellness, spirituality, and mindfulness, Gender and Sexuality, Alcohol/drug/substance use and addiction (both with individuals and their family members), Developmental and life transitions, and Stress related issues.

Contact information:

Ann Sterle
Email: ann@questcounselingandwellness.com

Tamika N. Curry, MS,LPC,NCC,MAC,CDCS,BHP

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Credentials and Education:

Bachelor of Arts degree in psychology from the University of Alaska Fairbanks, and a Master of Science in Clinical Mental Health Counseling from Walden University. I am a board approved licensed professional counselor supervisor (LPCS), Somatic Experiencing Practitioner (SEP), National Certified Counselor (NCC), Master Addiction Counselor (MAC), Chemical Dependency Counselor Supervisor (CDCS), and a Behavioral Health Practitioner (BHP).

Professional Services:

I specialize in trauma, complex trauma, dissociative disorders, and dissociative identity disorder. I am an EMDRIA certified EMDR therapist and provide EMDR therapy services. I am also a Somatic Experiencing Practitioner and provide somatic experiencing as well. I also use parts work via ego state therapy and will use the approaches in conjunction to tailor therapy services based on client need on their healing journey.

Contact information:

Tamika N. Curry LPC

Email: tamika@questcounselingandwellness.com

Sally A. Caldwell, LPC-S, MAC, CDC-S, SEP

Philosophy and Approach:

I use an integrated approach. Together we develop a parenting approach that fits you and your child and your family dynamics. I provide parenting tools for you to offer supportive nurturing, discipline, monitoring and management for your child. I provide education about child development, the purpose of children's behavior, the biology of emotion regulation and the source of parent triggers. I offer *cognitive behavioral interventions* and *mind-body practices* to help you restructure self-defeating thoughts to self-affirming thoughts, restoring hope and joy. Counseling can free you to function with resilience and ease.

My standard of professional conduct is expressed in the National Board for Certified Counselors (NBCC) Code of Ethics, <http://www.nbcc.org/assets/ethics/nbcc-codeofethics.pdf>, and the Association for Addiction Professionals (NAADAC) Code of Ethics, <http://www.naadac.org/code-of-ethics>. I earned continuing education credits for a two-year cycle of re-licensure/recertification for each of my credentials.

Licenses & Credentials:

Licensed Professional Counselor - Supervisor, State of Alaska #561

Masters in Addiction Counseling, NAADAC credential #507 483

Chemical Dependency Counselor - Supervisor, State of Alaska #2961

Education & Training:

MEd, Guidance and Counseling, University of Alaska Fairbanks

Emphasis Children, Youth and Parents

Somatic Experiencing Practitioner, Somatic Experiencing Trauma Institute

Your Rights:

To be served by a professional who meets education, training and experience required by state law, to have access to public records that verify such, and to have a complaint process guaranteed by the State of Alaska. To protect your confidentiality and privacy, your name and identity is disclosed only with your written permission, in compliance with AS08.29.200. To be regarded as noble in character and to receive care that is free from discrimination or prejudice.

Professional Membership:

American Counseling Association

Contact information:

Sally A. Caldwell, LPC-S, MAC, CDC-S, SEP

Email: Sally@questcounselingandwellness.com

Jeffery Neaves, LPC-S

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned an M.Ed. in Clinical Mental Health Counseling at University of Montevallo and am a licensed professional counselor and an approved supervisor in the state of Alaska. I am a member of the National Board for Certified Counselors. I have worked in an agency, hospital, and private practice since 2015.

Professional Services:

I provide individual, group and crisis intervention counseling for adults, adolescents and children. I have worked in a variety of mental health settings including outpatient community behavioral health, residential treatment settings, emergency departments and in private practice. I use a collection of treatment modalities which include Eye Movement Desensitization & Reprocessing (EMDR), Dialectical Behavioral Therapy (DBT), Rational Emotive Behavioral Therapy (REBT), Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Creative Arts Therapy (CAT), Solution-Focused Brief Therapy (SFBT), Child-Centered Play Therapy (CCPT), and Person-Centered Talk Therapy (PCTT). I tailor each particular focus to the needs of the client(s) being seen.

Contact information:

Jeffery Neaves, LPC-S

Email: jeffery@questcounselingandwellness.com

Carly Lyle, LMSW

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned an MSW at the University of Alaska, Anchorage. I am a member of the National Association of Social Workers.

Professional Services:

I provide individual, group, and crisis intervention counseling for adults. I use a collaborative approach incorporating Cognitive Behavioral Therapy, talk therapy, Ketamine Assisted Psychotherapy (KAP) and other trauma modalities to help individuals throughout their healing journey. I strive to work with individuals to uncover areas that hold them back from healing, help identify long term problems and solutions, explore the roots of their pain and negative behavioral patterns, and engage in relational work that is individualized for each person. No two people are alike; therefore, no two therapy approaches should be either.

Credentials and Education:

MSW in Social Work (University of Alaska, Anchorage)

B.S in Social Work (University of Alaska, Fairbanks)

Licensed Master of Social Work (Alaska, License: 224359)

National Association of Social Work (NASW, 2024)

Contact information:

Carly Lyle, LMSW

Email: carly@questcounselingandwellness.com

Angela Khessed, M.A., LPC, NCC

Welcome, and thank you for allowing me to take part in your life's journey. This statement will inform you of my background, counseling approaches, and your rights. This document is mandated by the respective state boards. Thank you.

Education and Experience

I earned an MA (2008) degree in Clinical Counseling from Colorado Christian University. I am a Licensed Professional Counselor in Alaska (#218781), a Licensed Mental Health Counselor in Washington (#LH61519435), a Licensed Clinical Professional Counselor in Montana (#BBH-LCPC-LIC-70597), and a Licensed Professional Counselor in Idaho (#MBTCOU-10474). I am a National Certified Counselor (NCC #1731345) approved by the National Board of Certified Counselors.

I have specialty certifications in areas of chronic and developmental trauma including Sensorimotor Psychotherapy, Level 1, Certified Clinical Trauma Professional level 2, and Neuropsychology Therapy Certificate. In addition, I am a Certified Mental Health and Nutrition Clinical Specialist.

My experience is in residential and outpatient settings, having worked with children from age 5-12, teenagers ages 13-19, and adults of various ages.

Counseling Philosophy and Services

My therapeutic approach has a developmental framework with a foundation in psychodynamic approaches. Developmental injury/trauma and chronic or acute trauma can have a lifelong impact on development in every area of life, including emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. Healing comes with transformation of past experiences into a new present moment experience.

My counseling services address concerns and issues including, but not limited to: Depression, anxiety, ADHD, Chronic and Developmental Trauma, Wellness/ Mindfulness, Grief and Loss, Sex and Intimacy, shame and self-image.

As a contract employee, I value the positive work environment and relationship that I have with the employer. If referrals are needed for medical or further evaluations, I make referrals within the respective organizational connections.

Records and Confidentiality

All of our communication, including diagnoses, becomes part of the clinical record, which is accessible to you upon request (unless doing so would be psychologically harmful). With a few exceptions, all that you say to me is confidential and I will not share with anyone. The exceptions of confidentiality include if you have a plan to hurt yourself or someone else, if you have knowledge of abuse of a minor person, an elderly person, or a person with a disability, or if you sign a release of information for me to share your information with another person.

This information is required by the Board of Professional Counselors which regulates all licensed professionals. State of Alaska, P.O. Box 110806, Juneau, AK 99811-0806, 907-465-2550

State of Montana, P.O. Box 200513, Helena, MT 59620-0513, 406-444-0880

State of Washington, 111 Israel Road S.E., Tumwater, WA 98501, 360-236-4700

State of Idaho, P.O. Box 83720, Boise, ID 83720-0063, 208-334-0063

Contact information:

Angela Khessed, M.A., NCC, LPC

Email: Angela@questcounselingandwellness.com

Alaska, Montana, Idaho, Washington

Lia Aitken, MA, LPCS, NCC

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned an MA in Clinical Mental Health Counseling at Regent University and am a licensed professional counselor and an approved supervisor in the state of Alaska. I am a member of the National Board for Certified Counselors. I have worked in an agency and private practice since 2017.

Professional Services:

I provide individual, group and crisis intervention counseling for adults and adolescents. I have worked in a variety of mental health settings including outpatient community behavioral health, residential treatment settings and in private practice. I use a collaborative approach incorporating EMDR, Brain Mapping and Brain Integration Therapy, Ketamine Assisted Psychotherapy (KAP) and other trauma modalities to help individuals identify long-term issues, uncover barriers to healing, explore the origin of behavioral patterns with a holistic approach to encourage wellness in every area of life.

I tailor my particular focus to the needs of the client(s).

Credentials and Education:

M.A. in Clinical Mental Health Counseling, (Regent University)
B.S. in Anthropology, (Athabasca University)
Board Approved Supervisor (Alaska License: 215594)
Licensed Professional Counselor (Alaska, License: 162738)
National Board-Certified Counselor (NCC, 2020)

Contact information:

Lia Aitken, MA, LPCS, NCC
Email: Lia@questcounselingandwellness.com

Erica Nardella LCSW

Licensed Clinical Social Worker (Alaska license # 184552)

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Services:

Complex Trauma, PTSD, Anxiety, Child Traumatic Stress, Caregiver/Parent Counseling,
Family Counseling, Depression, Life Stress/Phase of Life problems, and Adjustment Related Stress

Credentials and Education:

University of Alaska Anchorage, MSW
University of Alaska Fairbanks, BSW

Contact information:

Erica Nardella
Email: Erica@questcounselingandwellness.com

Rachel Costin, Ed.S, LPC, NCC

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned my Ed.S in Clinician Mental Health Counseling from Middle Tennessee State University. I am a licensed professional counselor in the state of Alaska and a member of the National Board for Certified Counselors. I have been practicing in agencies and private practice since 2020.

Professional Services:

I provide individual and family counseling for children starting at age 3 and into early adulthood. I have worked in outpatient community behavioral health, residential, partial hospitalization, and private practice settings. I work from a client-centered perspective and am trained in Play Therapy and Sand Tray. I tailor my focus and interventions based on the client's needs.

Credentials and Education:

Ed.S in Clinical Mental health Counseling (Middle Tennessee State University)
BS in Anthropology and Psychology (University of Tennessee)
Licensed Professional Counseling (Alaska, License: 202699)
National Board-Certified Counselor (NCC, 2020)

Contact information:

Rachel Costin

Email: rachel@questcounselingandwellness.com

Stephanie Brooks, MA

The following information is designed to inform you about my background and to ensure that you understand the nature of our professional therapeutic relationship and your rights as a client.

Professional Disclosure:

I earned an MA in Clinical Mental Health Counseling at Concordia University Irvine/Townsend Institute. I am accruing my hours per the state of Alaska requirements to obtain my professional counselor license under supervision, Lia Aitken.

Professional Services:

I provide individual, group and crisis intervention counseling for adults and adolescents. I have worked in private practice for the last three years under supervision and various specialties. Therapy approvals include Brain spotting, CBT (Cognitive Behavior Therapy), Gottman Couples Therapy, and ABSATS (Betrayal Trauma for partners of sexual addiction). Meeting the clients' individual needs will be unique and tailored to meet the clients goals in therapy.

Credentials and Education:

M.A. in Clinical Mental Health Counseling, (Clinical Mental Health Counselor)
B.S. in Counseling Psychology, (Alaska Pacific University)

Contact information:

Stephanie Brooks, MA

Email: stephanieb@questcounselingandwellness.com

Confidentiality:

I respect your right to privacy, and anything shared in our sessions will remain confidential. **There are three exceptions, however, to confidentiality.** I am ethically bound to break confidentiality if I believe you are in imminent danger of harming yourself or others; if you report abuse or neglect of a third party who is a child, older adult, or disabled individual; or if I come under court order to release information.

Office Fee Schedule:

Appointments are typically 45-55 minutes in duration. Longer sessions can be arranged by mutual agreement however, the fees and charges will reflect the additional time. The frequency of meetings will be mutually agreed upon. The time scheduled for your appointment is assigned to you and you alone. If you need to cancel or reschedule a session, I ask that you provide a 24 hours' notice.

Insurance Cost- Services

Initial Integrated Assessment (90791), 60 Minutes: \$650
Follow-up Individual Therapy (90834), 40-50 Minutes: \$250
Follow-up Individual Therapy (90837), 55-60 Minutes: \$450
Biofeedback (90901) Body Regulation Techniques, 45-60 Minutes: \$196
EEG Brain mapping and analysis, 60-120 Minutes: \$980
Group therapy (90853), 90 minutes: \$150 Records requests fees: \$20.00

Cash Pay:

Time of Service Discount (TSD)-*The time-of-service discount must be paid in full at time of visit to be considered TSD (cash pay).

Initial Assessment (90791), 60 Minutes: \$350
Follow-up Individual Therapy (90834), 45 Minutes: \$150
Follow-up Individual Therapy (90837), 60 Minutes: \$175
EEG Brain mapping session and analysis, 180 minutes: \$700
Biofeedback (90901) Body Regulation Techniques, 45-60 Minutes: \$175
Group Psychotherapy, 60 minutes: \$100

"This information is required by the Board of Professional Counselors which regulates all licensed professional counselors," THE STATE ALASKA of Department of Commerce, Community, and Economic Development Division of Corporations, Business and Professional Licensing; Board of Professional Counselors; PO Box 110806, Juneau, AK 99811; Phone: (907) 465-2550.